

Scheduled Worry Time Worksheet



Day/Date: _____

List Worries and Concerns

Work with Worries/Concerns

Review your list of worries and concerns. Scratch out any that are no longer bothersome. Put an & by those you want to prioritize for this worry session. In the Solution area, use 1 or more of 3 approaches – whatever seems best to you.

1. List solutions or next steps
2. Generate a more balanced perspective
3. Work on acceptance

Don't exceed the scheduled time. Do a mood boosting activity when you are done.

Worries/Concerns	Solutions
1.	
2.	
3.	